

Azadi Ka Amrit Mahostav

Celebration of World Food Safety Day

ICAR-NRCG celebrated the World Food Safety Day on 7th June 2023 as a part of their series of events under Azadi Ka Amrit Mahotsav. The lecture entitled “Lifestyle management for a Healthy Living!” was delivered by **Dr. Anubha Taparia Saraogi** on this occasion. Dr. Kaushik Banerjee, Director, ICAR-NRCG, welcomed the guest speaker and highlighted the importance of safe food and its impact on the daily lives.

Dr. Taparia in her lecture mentioned that living a healthy lifestyle is important for anyone who wants to feel their best and stay healthier. But, now-a-days, everyone is presented with such a huge amount of advice, it often appears confusing to work out what is the best when it comes to health. Preventative healthcare thus appears as a baffling topic. She mentioned that everyone’s body is inherently different and hence there is no model of any ideal body structure. She reminded that one should take care of health by following the habits like clean eating, doing exercise, 10-15 min of meditation and proper sleep. In her lecture she also focused on the process of healthy eating. She suggested some *Desi* swaps for avoiding junk food and also discussed about the food pyramid. Junk food is a slow poison, she added. While quoting the need of exercise she said that it is required for maintaining healthy body weight, reduce inflammation levels, reduce stress levels, maintain better mood and feel younger and fit. Sleep is a vital factor in maintaining a healthy life style as deprivation in sleep causes hormonal imbalances. At the end of the lecture she discussed about the “10-3-2-1-0 sleep rule” for better slumber which is as follows-

1. 10 hrs. before bedtime- no more caffeine
2. 3 hrs. before bedtime- no more alcohol or food
3. 2 hrs. before bedtime- no more work
4. 1 hr. before bedtime- no more screen time
5. 0 times you hit the snooze button in the morning

A total of 55 participants attended the lecture on zoom platform and the program was also live streamed in YouTube and Facebook.

